

Foods Provided By The WIC Program

For Infants (under 12 months)

- Infant cereal
- Baby Food
- Iron-fortified formula
- Special formulas for special diet needs

For women & children (ages 1 to 5)

- Milk
- Cheese
- Iron-fortified hot or cold cereals
- Fruit juice high in Vitamin C
- Eggs
- Dried beans and peas
- Peanut butter
- Salmon and tuna (breastfeeding moms)
- Fresh fruits and vegetables
- Whole grain breads and corn tortillas

The kinds and amounts of foods are based on Federal and State guidelines and the individual's needs. Foods are meant to supplement your diet, not provide the total needs. Checks listing specific foods are issued monthly to clients and may be used at local grocery stores.

WIC Income Eligibility Guidelines (7/1/09)

# of Household*	Gross per Month	Gross per Year
1	\$1,670	\$20,036
2	\$2,247	\$26,955
3	\$2,823	\$33,874
4	\$3,400	\$40,793
5	\$3,976	\$47,712
6	\$4,553	\$54,631

*Each additional individual, add \$577/month or \$6,919/year. One pregnant woman counts as 2 household members.

For More Information.....

The WIC Program is available in all Idaho counties, and is sponsored by all local District Health Departments and the Shoshone-Bannock and Nez Perce Indian tribes.

To contact the WIC Clinic nearest you, call:
Idaho Care Line: 2-1-1 or 1-800-926-2588 and ask for the phone number of your local WIC Clinic.

Please Note:

Eligibility for food stamps or other programs are not affected by participation in WIC.

The WIC program is open to all persons regardless of race, color, national origin, age, sex, or disability. Persons believing they have been discriminated against may write to the USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, D.C. 20250-9410



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WIC



A Nutrition Program for Women, Infants & Children



WHAT IS WIC?

WIC stands for **W**omen, **I**nfants and **C**hildren. WIC is a special health and nutrition program designed to help women, infants and young children who have special medical or nutrition needs.



**WIC Provides Better Food
for Better Health**

WHO IS ELIGIBLE?

Women who are pregnant, breastfeeding for up to 12 months after delivery, or have had a baby in the last six months are eligible for WIC.

Infants from birth to 1 year are eligible.

Children who are 1 to 5 years of age.

However, some areas of the state may not be able to serve all ages under 5.

To be eligible for WIC you must also:

1. **Live in Idaho.**
2. **Meet income guidelines.**

Many working families qualify for WIC because WIC guidelines are similar to those for free or reduced price school lunches. If you receive Medicaid assistance or food stamps, your income level qualifies you for the WIC program.

3. **Have a health or nutrition problem.**

Some simple medical tests are done at the WIC Clinic to evaluate your nutritional needs:

- ✓ Measuring your height & weight;
- ✓ A finger-prick blood test to check for low iron;
- ✓ A diet evaluation; and
- ✓ A brief health history.

What Does WIC Provide?

Food — WIC provides some of the foods needed during pregnancy and early childhood to encourage normal growth and development.

Nutrition Education - Group and individual counseling sessions provide information to improve eating habits.

Breastfeeding Information - Counseling services for women who are breastfeeding.

Referrals - Other agency health care programs, such as immunizations and child health evaluations, are easily available through WIC.

Eligibility Determinations

Determining eligibility for the WIC program is called "certification." A certification is good for six months. The length of time you will be on the WIC program is determined by your nutritional needs. Eligibility is reviewed at the end of a pregnancy or every six months for infants and children.